



Thank you for considering doing business with Expand Wellness. We take pride in offering an exceptional level of service to companies just like yours.

Purpose:

Determine specific pain points the team is experiencing and how Expand Wellness can both reduce and alleviate them with services including yoga, meditation and breath-work. This will be implemented by defining the ideal way the group would like to feel and the steps needed to get there.

Proposed Work:

1. Have initial call with client to determine needs of the team, class length, goals, and expectations that are measurable and defined to ensure the needs of the team are met. A short intake form will be emailed prior to the meeting for the client to fill out for the team. During this call we will also schedule class dates with at least 2 weeks of lead time prior to the first class.
2. Classes will be held for the team via Zoom or in person based on the agreed upon class length, purpose and intentions set. A feedback form will be distributed after the initial class to measure how the team feels. Classes have the option of being recorded upon request.
3. Maintain on-going communication with client as work progresses, both to keep company informed and to make any adjustments as needed.

KARINA'S WELLNESS CLINIC GROUP PRICING

Class Duration	Single Class	3 Class Pack Discount	6 Class Pack Discount
30-Minute Class	\$199	\$499	\$949
45-Minute Class	\$299	\$799	\$1,399
60-Minute Class	\$349	\$949	\$1,649

Terms & Pricing:

Listed above is a summary of the estimated costs associated with Karina's Wellness Clinic. 50% fee is due upfront and remaining is due after conclusion of the session. Payments must be made on time and within the terms of the agreement.

FOR MORE INFORMATION CONTACT:

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